

"Festive Family Thanksgiving Cookbook"

Recipe

Cranberry Chutney

Serves 8 ● Total Preparation time 10 minutes



1-16 oz. can whole
cranberry sauce

¼ cup sugar

½ cup raisins

1 Tbs. vinegar

1 cup apple, peeled, diced

1/8 tsp. ginger

¼ tsp. cinnamon

Combine all ingredients in a saucepan. Cover and cook for 30 minutes on medium heat. Stir occasionally. It is ready when apples are tender and sauce has thickened.

Options: Add ½ cup diced pineapple and decrease the diced apples to ½ cup.

Nutrition Facts Per Serving: 147 Calories , 17 mg. Sodium , not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

"This recipe is a quick and delicious addition to your holiday meal. You'll soon crave the spicy, low fat, crunchy cranberries after the holidays pass. When you choose Cranberry Chutney, it's easy to eat healthy."

Diane Wayne, MS, RD

